

## NEWS RELEASE

# “KINDNESS CREATES WELLNESS” EVENTS TOUR THE KOOTENAY BOUNDARY PROMOTING MENTAL HEALTH WELLNESS

**Kootenay Boundary, BC – 28 April 2015** – A new initiative to connect parents, youth, teachers and doctors is making its way across the Kootenay Boundary. Brought to the region by the Kootenay Boundary Local Action Team for the Child and Youth Mental Health and Substance Use Collaborative, **Kindness Creates Wellness** is a series of events that bring together people in communities throughout the Boundary to focus on increasing mental health literacy for parents, teachers and youth, fostering stronger connections between community and schools, and reducing stigmas.

The Kindness Creates Wellness events are just one of the many initiatives brought to the Kootenay Boundary by the Local Action Team which brings together families, doctors, representatives from 3 school districts, mental health clinicians, drug and alcohol counsellors and community agencies to improve mental health wellness in the region.

“We know that the best care happens when the team surrounding the patient is working together,” said Dr. Cindy Loukras, Specialist Physician Lead. “These events are a great way to build the strong relationships necessary to better support youth dealing with these issues.”

Each Kindness Creates Wellness event will include a screening of the film “Happy” and a specially selected panel of expert speakers to engage the audience in conversations about community mental health wellness and discuss how happiness increases the more one is physically active, performs kind actions for the benefit of others rather than for oneself, and feels close to family and friends.

Dr. Todd Kettner - School District #8 Psychologist and Collaborative Team Member said, “We had over 65 people come to the first Kindness Creates Wellness event in Castlegar and it was great to see them engage with each other around the subject of mental health wellness. It was a living example of the ultimate message the film gives – happiness is about relationship and how we help each other. It’s not about me or you, it’s about us.”

Each Kindness Creates Wellness event will be tailored to address community mental health needs. Some will be community based, while others will be presented in the local school. The next event will be held on May 7th, National Child & Youth Mental Health Day, at the Salmo Secondary School for students and parents. Events will follow through 2015 in Kalso (June), Nelson and Trail (both in the Fall).

**About the Child and Youth Mental Health and Substance Use Collaborative (CYMHSU) The**

CYMHSU Collaborative involves multiple individuals, organizations and ministries all working together to increase the number of children, youth, and their families receiving timely access to mental health services and support in the Interior Health region.

The Collaborative is funded by the Shared Care Committee, with additional support from the Specialist Services Committee. Both committees are partnerships between and funded by the Ministry of Health and the Doctors of BC. <http://sharedcarebc.ca/initiatives/cymhsu-collaborative>

**About the Divisions of Family Practice**

The Kootenay Boundary Division of Family Practice represents doctors in 14 communities across the region including Castlegar, Christina Lake, Fruitvale, Grand Forks, Greenwood, Kaslo, Midway, Nakusp, Nelson, New Denver, Rock Creek, Rossland, Salmo, and Trail.

The Kootenay Boundary Division works to improve patient access to local primary care, increase local physicians' influence on health care delivery and policy, and provide professional support for physicians. [www.kbdivision.org](http://www.kbdivision.org)

The Division of Family Practice initiative is funded by a joint committee of the BC Ministry of Health and Doctors of BC.

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